



# The CIAC Paddle

## Helping You Navigate the IA Continuum

11<sup>th</sup> Edition, March 2013 - Supplement



### Navy IA Sailor Top Focus Area #1 Post-Deployment Healthcare

*The Post-deployment healthcare process depends on two Post-IA health assessments to help resolve redeployed IA Sailors' healthcare issues. CIACs should emphasize the importance of completing the PDHA/PDHRA assessments as well inform IA Sailors of the new RRTM initiative.*

#### **Re-Deployment**

#### **a) What is the IA Post-Deployment Healthcare Process?**

- **Post-Deployment Health Assessment (PDHA) – DD Form 2796:** Required to be completed within 30 days before or after leaving theater. Consists of an online portion (eDHA) and face-to-face interview with medical provider. It is typically completed at NMPS for both AC and RC Sailors.
- **Post-Deployment Health Re-Assessment (PDHRA) – DD Form 2900:** Required to be completed between 90-180 days after re-deployment. It must be completed online (eDHA) coupled with and a face-to-face interview with a medical provider. RC and remote AC Sailors may use the PDHRA Call Center (1-888-734-7299) to complete the PDHRA.
- **Post-Deployment Healthcare Coverage:** AC: provided at a Military Treatment Facility (MTF). RC: provided via TRICARE TAMP benefit for first 6 months after excess leave ends or Line of Duty (LOD). Also eligible for care through the Department of Veterans Affairs.

**NOTE:** AC and RC IA Sailors must complete PDHA and PDHRA during the prescribed timelines! If not completed, your record will be documented as an incomplete PHA, resulting in a documented PFA failure.

#### **b) How to access healthcare benefits after the IA Sailor leaves NMPS.**

- **Resource Referral Tracking Manager (RRTM)**
  - Tracks referrals placed by an NMPS Medical Provider.
  - Aids Sailors in navigating the post-deployment healthcare system (TRICARE, MTFs, VA).
  - Resolves issues with appointments, delayed care, understanding benefits, etc.
  - Directs members to proper resource for obtaining necessary referrals after leaving NMPS.
- **Process to contact RRTM**
  - Available 24/7, contact through the [NAVY 311](#) System: 1-855-NAVY-311 (1-855-628-9311); DSN: 510-628-9311.
  - [RRTM](#) is available to answer your questions from 0800 – 1600, Mon-Fri (CDT/CST).

#### **c) Important Healthcare Points to Emphasize with the IA Sailor**

- Speak directly/openly with a medical provider about any medical issues occurred on deployment while at NMPS. Completion/certification of the PDHA ensures issues are documented and/or treated. Don't let the desire to go home prevent you from having a medical issue addressed!
- Ensure DEERS information is current (affects a member's access to medical services).
- Referrals annotate the necessity to seek further care for specific medical issues.
- Disclosure of mental health concerns is an important facet of wellness. All cases are kept confidential with the goal of improving Sailor readiness.

#### **d) Questions: Email [USFF IA Support](#)**

#### **e) For more information on Post-Deployment Healthcare visit the [Deployment Health](#) webpage on the Navy IA website.**